

**ACSD Elementary Schools
Daily Healthy Snack Guidance
2024-2025**

Snacks for the 2024-2025 School Year in Elementary Schools: Beginning Friday, August 23, your child may bring a small, healthy snack to school daily. The purpose for snacks during your child’s day is to fill the gap between meals, while not becoming a whole meal in itself. Children should continue to eat a healthy breakfast at school or at home while coming ready to eat a healthy lunch while at school.

Students may bring a healthy snack to school daily for the 2024-2025 school year. With the variety of needs in a classroom and the short amount of time available, we ask you to ensure the below if you choose to send a snack for your child:

- Healthy Snack
- Keep snacks small
- No peanut or nut products (*Ankeny classrooms are peanut aware classrooms*)
- Requires no utensils and minimal clean-up
- Refrigeration isn’t available for snacks
- Your child is able to open and eat the snack independently
- Water bottles with closing lids only containing water
- There will be classrooms where your child’s school will communicate an alternate list due to a specific allergy in the classroom.

Examples of a Healthy Snacks	NON-Examples of a School Snack
Gluten-free cereals like Corn Chex, Rice Chex, Cheerios Cheese Stick Meat Stick Fruit (ex. fresh fruit, dried fruit, or applesauce pouch) Vegetables Rice Krispie Treat Pretzels or Baked Chips Raisins Baked Crackers Yogurt Pouches Pre-Popped Popcorn	Candy Cookies Regular Chips Pop Tarts Granola Bars Containing Nuts High Sugar Cereal Fruit Roll Ups Fruit Chew Snacks

SPECIAL INFORMATION FOR PARENTS OF STUDENTS WITH FOOD ALLERGIES OR SENSITIVITIES

Because students who choose to have a snack will be bringing one with them (i.e., these won't be district-provided snacks), the district will not be able to monitor the contents of every food item. This means students may inadvertently bring products with peanuts, tree nuts, soy, milk, eggs, and/or wheat, among other potential allergens, to school. The district cannot guarantee that individuals with allergies to these and/or food items will not be exposed to allergens and does not assume liability for adverse reactions to foods consumed and/or for food items one may come into contact with on district property.

Therefore, if your child has a food allergy and/or sensitivity that may make it complicated for them to be in a space where a particular food item is / has been eaten, please immediately contact your child's school nurse to discuss the situation and develop an appropriate plan for your child's safety. The district is committed to working with your family to create a safe, welcoming, and inclusive environment for all students.

Disclaimer: *The Ankeny Community School District ("District") and all of its affiliates and related entities and employees and officers make no representations, warranties, and/or guarantees whatsoever with respect to the quality or hygiene of food products brought to District property by students. District and its employees, volunteers, and/or other representatives, shall not be responsible for any adverse reactions, including but not limited to side effects, injury, and/or bodily harm that may result from a student's consumption of and/or exposure to food brought for snack time and/ or any other liability arising.*

Ankeny Schools Elementary Families:

Beginning Friday, August 23, your child may bring a small, healthy snack to school daily. With the variety of needs in a classroom and the short amount of time available, we ask you to ensure the snack is small, healthy, free from nut-products, does not require refrigeration or utensils, and your child is able to open and eat the snack independently. Further, there may be classrooms where an alternate list is shared to accommodate a specific allergy.

The full guidance, along with examples of healthy snacks can be found in the attached guidance.

[Daily Healthy Snack Guidance](#)

If your child has a food allergy and/or sensitivity that may make it complicated for them to be in a space where a particular food item is / has been eaten, please immediately contact your child's school nurse to discuss the situation and develop an appropriate plan for your child's safety. The district is committed to working with your family to create a safe, welcoming, and inclusive environment for all students.

Thank you,

Tara Owen

Executive Director of Elementary Schools